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a layer of polycrystalline silicon formed on said ayer of silicon dioxide, said layer of polycrystalline silicon having a smooth morphology.

- A field effect transistor comprising:
 - a semiconductor substrate;
- a layer of silicon dioxide formed on at least a portion of said semiconductor substrate, said layer of silicon dioxide having hydrogen ions implanted therein by plasma source ion implantation;
- a layer of polycrystalline silicon formed on at least a portion of said layer of silicon dioxide, said layer of polycrystalline silicon having a smooth morphology; and
- a source, a drain and a gate formed in said semiconductor substrate to form a field effect transistor.
- 11. A memory array comprising:
 - a semiconductor substrate;
- a layer of silicon dioxide formed on at least a portion of said semiconductor substrate, said layer of silicon dioxide having hydrogen ions implanted into at least a portion of said layer of silicon dioxide by plasma source ion implantation;
- a layer of polycrystalline silicon formed over at least said portion of said layer of silicon dioxide into which said hydrogen ions were implanted, said layer of polycrystalline silicon having a smooth morphology;
- a plurality of memory/cells arranged in rows and columns, each of said plurality of memory cells comprising at least one field effect transistor; and
- a gate, a source and a drain for each of said field effect transistors formed on said semiconductor substrate
- 12. A semiconductor wafer comprising:
- a wafer including a semiconductor substrate, said wafer being divided into a plurality of die;
- a layer of silicon dioxide formed on at least a portion of said semiconductor substrate, on each of said plurality of die said layer of silicon dioxide having hydrogen ions implanted into at least a portion of said layer of silicon dioxide by plasma source ion implantation;

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